

# Heart Disease and Stroke in



## Missouri Heart Disease and Stroke Program

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#### *Program Overview*



The Missouri Heart Disease and Stroke (MHDS) Program focuses on health promotion, primary and secondary prevention of heart disease and stroke in regard to the following risk factors:

- ◆ High Cholesterol
- ◆ High Blood Pressure
- ◆ Diabetes
- ◆ Obesity
- ◆ Physical Inactivity
- ◆ Poor Eating Habits
- ◆ Tobacco Use



Interventions include policy and environmental change programs to improve heart disease and stroke prevention in four settings.

- ◆ Community
- ◆ School
- ◆ Worksite
- ◆ Health care



The MHDS Program partners with a variety of local, state, and national organizations to implement its interventions as well as provide training and resources to professionals and the public in the community, health care, school, and worksite settings.



## **Community Setting-Sample Interventions**

- ◆ Hearts N' Parks Program
- ◆ Policy and Environmental Change Program
- ◆ Signs and Symptoms of Heart Attack and Stroke Awareness Campaigns
- ◆ AED Promotion and Training



## **Health Care Setting-Sample Interventions**

- ◆ AHA Guidelines to Providers
- ◆ Stroke Prevention and Awareness
- ◆ Heart Attack Prevention and Awareness
- ◆ High Blood Pressure Awareness
- ◆ Cholesterol Awareness



## **School Setting-Sample Interventions**

- ◆ School Health Index
- ◆ Walk to School Day
- ◆ CPR Certification of Staff



## **Worksite Setting-Sample Interventions**

- ◆ Statewide Worksite Inventory Program
- ◆ AED Promotion and Training
- ◆ Signs and Symptoms of Heart Attack and Stroke Awareness Campaigns
- ◆ High Blood Pressure Awareness
- ◆ Cholesterol Awareness



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Missouri Department of Health & Senior Services  
Chronic Disease Control